

PRIMARY DYSMENORRHEA AND FOOD

Development of a product designed for Primary Dysmenorrhea

OBJECTIVES

- Revise by means of a bibliographic search foods that can reduce the symptoms of **primary dysmenorrhea**, by understanding the physiological origin of this disorder
- Design** theoretical functional product to help with these symptoms

PRIMARY DYSMENORRHEA

Painful menstruation, severe cramps in the lower abdomen. The level of secretion of prostaglandins determines the pain intensity.

CONCLUSIONS

- Absence of studies with definitive conclusions in this area
- Need larger control groups with more scientific relevance for companies to invest in products for primary dysmenorrhea
- Difficult that diet alone will eradicate symptoms

Food stuffs	Active ingredient
Ginger	Gingerol
Product rich in omega-3	Omega-3
Pineapple	Bromelain
Tomatoes	Lycopene
Pomegranate	Granatin B
Mangosteens	Ethanol
Garlic and onion	Allicin
Turmeric	Curcumin

Table 1. Foods that help with primary dysmenorrhea.

	JUICE	OIL	FLAVOUR
SWEET	Pineapple, Spinach, Ginger	Pumpkin and Chia seeds	Honey
SAVOURY	Tomato, Spinach, Broccoli	Pumpkin and Chia seeds	Salt

Table 2. Sweet and savoury smoothie formula.

Figure 1. Elaboration process diagram for the proposed product: smoothie.

